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## **DND Mission**

The University of North Florida Nutrition and Dietetics undergraduate and graduate programs are committed to transforming students into valued professionals through the pursuit and acquisition of knowledge, skills, attitudes, and behaviors essential for lifelong learning.

## **DND Vision**

The University of North Florida Nutrition and Dietetics Department engages and transforms students and faculty into valued nutrition and health professionals who make significant contributions to their communities through discovery of new knowledge and commitment to service.

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# Gardening

## in a 'Desert'

*How urban gardening has impacted communities in the River City.*

The United States Department of Agriculture defines a food desert as “a census tract with a substantial share of residents who live in low-income areas that have low levels of access to a grocery store or healthy, affordable food retail outlet.”

Of particular interest to nutrition and dietetics professionals is the difficulty of residents in these areas to acquire food that is high in nutritional value. Usually food deserts are attributed to a high concentration of people with low purchasing power in an area without a nearby affordable supermarket and lacking the transportation to routinely shop at one. Individuals in this situation may be forced to shop at retail outlets in their area that offer low-cost food with poor nutritional value. Consequentially, an association between low-income individuals living in food deserts with chronic health conditions such as obesity has been drawn. One study of 10,763 individuals spanning four states found that the presence of supermarkets in a given residential area was significantly associated with a 24% lower prevalence of obesity.

In Jacksonville, this issue has been a point of attention for several years. The USDA determined that 7% of Jacksonville residents live in an area that is con-

sidered a food desert. In a city of approximately 842,583 people this estimate would roughly leave 58,981 residing in these food-insecure areas.

Over the past few decades there have been many initiatives to make food deserts more ‘secure’ for their residents. These include (but are not limited to) incentives for supermarkets to set up shop in particular areas, farmers markets, public policies, health education campaigns, charitable organizations, and community gardening projects.

The purpose of this article is to profile urban gardening in the River City and its impact on communities.

The University of Florida Institute of Food and Agricultural Sciences Extension program operates in Jacksonville as a unique association between IFAS, the City of Jacksonville, and United States Department of Agriculture. In 1978 Jacksonville was 1 of 16 cities awarded a grant by the USDA to implement an urban gardening program. Now there are four gardens that are directly managed by the IFAS extension and many more receive guidance from the program. The IFAS extension utilizes a unique force of over 150 volunteers known as Master Gardeners. They share knowledge and experience with the public and would-be gardeners



of all ages.

Over the course of doing research for this article I found myself curious about the impact that urban gardens have on the communities that they serve. It was with this in mind that I asked Mary Puckett, the IFAS Extension Urban Gardening Program Assistant, to meet me in order to share some insight.

I met her at the Duval County Extension Office and we drove to the nearby field office. The site serves as both a community garden and a demonstration site where workshops are conducted and new gardening techniques are implemented.

This particular community garden is divided into two sections. The first is approximately 7,500 square feet and is tended to by 10 families, regularly feeding a total of about 84 people. Mrs. Puckett informed me that some of the plots have been passed down through several generations, each one working together to grow food from the land. The second section is 2,200 square feet that the Master Gardeners work on. All food harvested from these plots are donated to various food banks, soup kitchens, and various other charitable organizations. In 2014, 1081.75 pounds of crop was harvested and approximately 2159 individuals were fed. Out of these people 92% met poverty guidelines.

Interestingly, the urban gardening program coordinates with the organizations that receive produce in order to reduce waste so that a higher proportion of food can feed hungry mouths.

Mrs. Puckett wanted to show me the Metro North Community Garden that serves as a nutritional garden in a zip code that is considered a food desert. We drove to the location in order to meet with the director, Ronald Pauline. The garden was built on a vacant lot, nestled in a neighborhood and surrounded by houses. He showed me around his small garden with a sense of pride, explaining elements of the design and programs that they have.

The garden consists of 16 raised beds, six of which are reserved for the outreach programs that the garden has for children. Children from the “All About Kids Pre-School” and nearby schools are quite involved at Metro North Community Garden. They learn how to garden by

planting seeds in pots and following them until final transplant into a raised bed. They even participate in harvesting the crops!

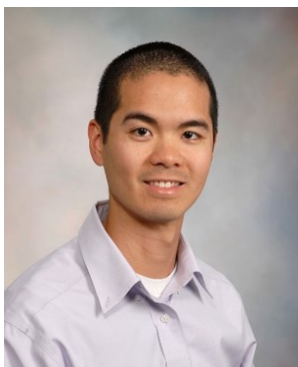
What seemed important to Mrs. Puckett and Mr. Pauline was the emphasis of the word ‘community’ in their gardens. They want to empower and educate individuals, the impact of which can ripple throughout a community for years to come.

***“Everybody has  
food in  
common.” -  
Mary Puckett***

By Alicia Bersey



# Academy Updates at



By Michael Tan

## National Nutrition Month is quickly approaching!

As many of you know, National Nutrition month is coming up next month! This year's theme is "Bite into a Healthy Lifestyle", inspiring everyone to embrace eating and physical activity plans emphasizing consuming fewer calories, making educated food choices, and becoming physically active every day. Also, next month on Wednesday, March 11<sup>th</sup> we will all celebrate Registered Dietitian Nutritionist Day!

For more information and promotional resources visit <http://www.eatright.org/nnm>. You can also email [nnm@eatright.org](mailto:nnm@eatright.org) with any questions.

## Kids Eat Right Group on LinkedIn

If you are currently a member of LinkedIn and you have a passion for our future's health and nutrition, please consider joining other Academy members in the Kids Eat Right LinkedIn Group. You can become more involved and chat about related topics. Discuss and brainstorm ideas with others involved with Kids Eat Right activities.

## New Academy Websites

As mentioned briefly in last month's issue of *NutriNews*, the Academy's new and redesigned member and public websites are now available as of January 29<sup>th</sup>. Eatright.org has been updated and is now more consumer-focused and will continue to feature information on healthful eating, recipes,

articles, and other material helpful to the public.

The member-focused [eatrightPRO.org](http://eatrightPRO.org) and [eatrightSTORE.org](http://eatrightSTORE.org) are currently accessible as a "soft launch" before their official debut on February 17<sup>th</sup>. EatrightPRO.org is specifically designed for professionals and will have great information for practitioners via an upgraded search function. On [eatrightSTORE.org](http://eatrightSTORE.org), you will find many digital tools, books, publications, professional development opportunities, and many other resources including helpful tools for client education.

## Student Scoop

The Student Scoop is the Academy's online newsletter for student members published in September, November, January, March, and May. You can learn about what other students are doing around the country and how they are preparing for internships.

As a student, you can also get published and write an article for the Student Scoop! Enhance your writing skills and build your resume. Tell the Academy what you want to write about and when you can submit your article. For any questions email [students@eatright.org](mailto:students@eatright.org).

- Articles should be 300 to 400 words.
- References must be cited according to Academy writing style guidelines.
- All articles submitted will be considered for publication. Articles are subject to review for style, content and accuracy.

Please submit your photo with the article.

# The First Coast Academy of *Nutrition and Dietetics*

## Mentor Program

The FCAND is inching closer to launching a Mentor program which will connect student members of the FCAND with local Registered Dietitians. Although this program will be independent from shadowing opportunities and is not designed for students looking for preceptors, this program will give students the opportunity to network with local nutrition professionals and provide a resource for guidance on career and educational topics, as well as future professional development. If you are looking specifically for a preceptor, be sure to take advantage of the Academy's Find-a-Preceptor Database on [eatright.org](http://eatright.org). Local RDs who are interested in becoming a mentor to a UNF Nutrition Student will have an option to sign-up on the FCAND membership application form when renewing membership. You can also email [N00127686@unf.edu](mailto:N00127686@unf.edu).

## CEU event

On Friday, February 20<sup>th</sup>, the FCAND will be hosting the Annual Business meeting and Winter CEU event. It will be located in the Student Union (building 58W, room 2704) at UNF from 9am until 4pm. The topics covered will be Medical Errors, Social Media Training, and Legislative and Licensure updates. For more information visit [eatrightjax.org](http://eatrightjax.org). Details are summarized below.

What: FCAND Annual Business Meeting and

Winter CEU Event

When: Friday, Feb 20<sup>th</sup>

Time: 9am - 4pm (lunch included)

Where: UNF, Student Union (Building 58W/2704)

CEU Hours: 4.0

Cost: \$25 for FCAND Members, \$50 for non-members, \$10 for FCAND Student Members

Topics: Medical Errors (2.0 hrs), Social Media Training, Legislative and Licensure update

## Jess Dow Nash Donations

This past September, UNF Nutrition Alum, Jess Dow Nash, was involved in a traumatic auto accident and she is currently in recovery at Shepherd Center in Atlanta. She graduated from UNF in 2007, and completed her Master's Degree in Health combined with Dietetic Internship in December of 2008. She is married and has a baby girl named Stella. If you would like to contribute and donate to her and her family, please visit <http://www.youcaring.com/medical-fundraiser/support-the-jess-dow-nash-family/269301>.

## *Participate in an Exercise Study and get Free Pizza*

Must be a **healthy adult male or female** who is:

- 19-25 years old
- Used to aerobic exercise
- Any weight, but otherwise healthy without known cardiovascular, pulmonary, or Metabolic disease (like diabetes), or musculoskeletal problems that limit your ability to exercise

The study will be conducted in the Exercise Physiology Lab in the Brooks College of Health (Bldg 39, room 4062).

Participants Will:

- Have their maximal exercise capacity, body composition, fasting plasma glucose, and total cholesterol tested
- Undergo 3 exercise sessions (on a stationary bike) lasting ~30 minutes
- Provide a few drops of blood via "finger prick"
- Total time for each session will be 4.5 hours/session (total: 13.5 hours)
- There will be no monetary compensation but each participant will be provided all the pizza they want to eat after each exercise session

Call or email Dr. Jahan-mihan at: (904) 620-5359: [alireza.jahan-mihan@unf.edu](mailto:alireza.jahan-mihan@unf.edu) if you are interested.







# NIH:

# Research for a Healthier World

The **National Institutes of Health (NIH)** is a major research agency and is a part of the United States Department of Health and Human Services. The NIH is primarily responsible for biomedical and health-related research and conducts scientific research through its Intramural Research Program (IRP) and also provides research funding to non-NIH research facilities through Extramural Research Program (ERP). More than **1200 principal investigators** and **4000 postdoctoral fellows** are conducting a wide spectrum of research from basic to translational, and clinical in NIH that makes IRP as the largest biomedical research institution in the world while, the ERP provides 28% of biomedical research funding spent annually in the US, or about **US\$26.4 billion**. Through the ERP, more than 80% of the NIH's funding is awarded to almost **50,000 competitive grants** to more than 300,000 researchers at more than 2,500 universities, medical schools, and other research institutions in every state and around the world.

NIH's roots extend back to a Marine Hospital Service in the late 1790s that provided medical relief to sick and disabled men in the U.S. Navy. By 1870, a network of marine hospitals had developed and was placed under the charge of a medical officer within the Bureau of the Treasury Department. By 1922, this organization changed its name to Public Health Services and established a Special Cancer Investigations laboratory at Harvard Medical School. In 1930, the Hygienic Laboratory was re-designated as the National Institutes of Health by the Ransdell Act and was given \$750,000 to construct two NIH buildings. In 1984, National Cancer Institute scientists found implications that "variants of a human cancer virus called HTLV-III are the primary cause of acquired immunodeficiency syndrome (AIDS)". By the 1990s, the focus of the NIH committee had shifted to DNA research, and the Human Genome Project was launched. In 2009, President Obama reinstated federally funded stem-cell research, revoking the ban imposed by President Bush in 2001.

NIH's mission is to seek fundamental knowledge about the nature and behavior of living systems and the application of that knowledge to enhance health, lengthen life, and reduce illness and disability.



## Goals of the NIH

- ◇ To foster fundamental creative discoveries, innovative research strategies, and their applications as a basis for ultimately protecting and improving health.
- ◇ To develop, maintain, and renew scientific human and physical resources that will ensure the Nation's capability to prevent disease.
- ◇ To expand the knowledge base in medical and associated sciences in order to enhance the Nation's economic well-being and ensure a continued high return on the public investment in research.
- ◇ To exemplify and promote the highest level of scientific integrity, public accountability, and social responsibility in the conduct of science.

In realizing these goals, the NIH provides leadership and direction to programs designed to improve the health of the Nation by conducting and supporting research:

- ◇ In the causes, diagnosis, prevention, and cure of human diseases;
- ◇ In the processes of human growth and development;
- ◇ In the biological effects of environmental contaminants;
- ◇ In the understanding of mental, addictive and physical disorders; and
- ◇ In directing programs for the collection, dissemination, and exchange of information in medicine and health, including the development and support of medical libraries and the training of medical librarians and other health information specialists.

With the world's largest hospital devoted to clinical research—the NIH Clinical Center, through Intramural Research Program (IRP) clinicians and scientists have opportunities to conduct clinical studies. Every year, more than one thousand clinical studies are conducted at the NIH.



Circa 1887— the NIH began in a one-room laboratory at a Marine Hospital.

Circa 1916— Dr. Ida A. Bengston was the first woman employed with NIH.



Circa 1954— scientists at work.

Circa 1951—President Truman visiting the NIH Clinical Center.



President Barack Obama, HHS Secretary Kathleen Sebelius, and NIH director Dr. Francis Collins tour a NIH facility.

### References:

1. The NIH Almanak, National Institutes of Health. Feb 25, 2011. Retrieved Aug 26, 2011. |chapter= ignored ([help](#))
2. **Organization and Leadership, NIH Intramural Research Program.** [irp.nih.gov](http://irp.nih.gov). Retrieved 2013-04-28.
3. Osterweil, Neil (September 20, 2005). "[Medical Research Spending Doubled Over Past Decade](#)". MedPage Today. Retrieved May 25, 2011.
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All Photos are courtesy of the NIH.

# R

## esearch at *DND*

### Animal Study

Calling all Ospreys! Do you want to develop your research experience? We are looking for students to join in our research fun! Currently our lab is leading two animal experiments. We were given the opportunity to head our own experiment under the tutelage of Dr. Alireza Jahanmihan, where we will be focusing on induced obesity, exercise and reversing the effects of metabolic syndrome in female Wistar rat studies. After receiving a generous grant from Dr. Chally, Dean of the Brooks College of Health, we were able to design and proceed with novel exploration. I would like to highlight the immense amount of work and dedication given by Diana Maier, Valeria Palamidy, Christene Guirgess, Lindsay Pappas and of course Dr. Alireza Jahanmihan as our semester thrives!

If interested in more information regarding similar animal exercise studies, read at PubMed.gov: *Endurance exercise training programs intestinal lipid metabolism in a rat model of obesity and type II diabetes*. Their findings concluded that there is indication that endurance exercise programs improve metabolic outcomes in obesity and type II diabetes..

Shawna Jenkins

## Nutrition Journal Club *Updates*

Nutrition Journal Club will be focusing on trending nutrition topics for each phase of the life span in Spring 2015.

For February NJC will be considering the topic of adolescents/young adults and eating disorders. Normal proceedings are going to be switched up a bit; Instead of discussing one article, NJC asks people to bring in one on the above topic that they found to be interesting. Articles will then be shared and discussed, allowing the group to traverse several different sub-topics and interesting points.

**Next Meeting: 2/18/2015 @ 3:00 PM in Bldg 3 Room 1371**

For further updates like us on Facebook at [www.facebook.com/unfjournalclub](http://www.facebook.com/unfjournalclub)



By Devyn Chadwell

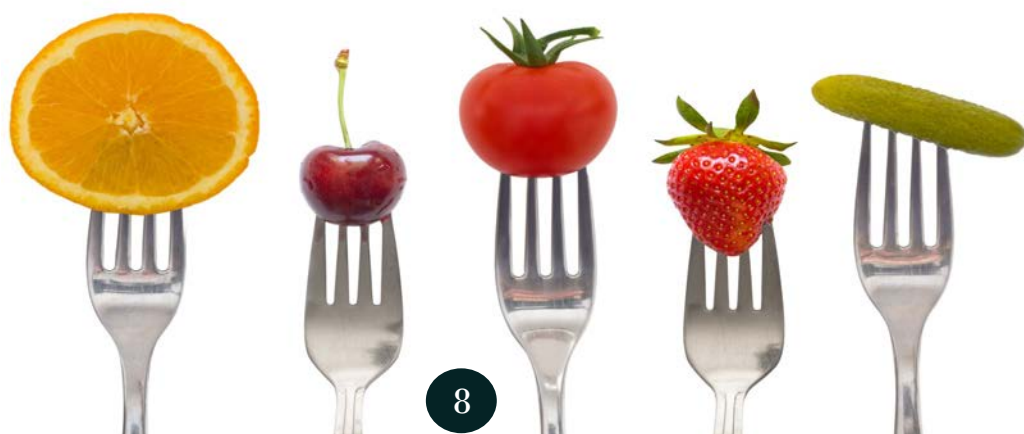
The SNDA has a lot in store for the spring semester, including a spring social, the creation of our first official SNDA cookbook, a cookbook cook-off, new officer elections, and Relay for Life! Our spring social will be held at the Town Center Maggiano's on the evening of Thursday, February 26<sup>th</sup> for a price of \$15 per person. Register with Tyler St. George ([n00888877@unf.edu](mailto:n00888877@unf.edu)) by February 20<sup>th</sup> if you would like to join SNDA in celebrating the completion of DICAS applications with some delicious Italian food.

The first official SNDA cookbook needs your recipe submissions! Make sure to submit your healthy recipe to Devyn Chad-

well ([n00920679@unf.edu](mailto:n00920679@unf.edu)) in a PDF format by March 1<sup>st</sup> in order to have a page in the SNDA Cookbook. On Friday, March 13<sup>th</sup>, SNDA will hold a Cookbook Cook-off to showcase the cooking talents of our nutrition students. Prepare your cookbook recipe submission and bring it to the SNDA Cookbook Cook-Off for a chance to win \$10 for third prize, \$20 for second prize, and \$30 for first prize! Anyone is welcome to this event, so make sure to sign up with any SNDA officer if you are interested in attending.

The SNDA is in need of officers for the 2015/2016 school year. Positions include president, vice president, secretary, treasurer, volunteer chair, publicity chair, and fundraising chair. More information about each position will be posted on Blackboard. If you are interesting in running for SNDA office, please submit a short bio and your position of interest to Devyn Chadwell by March 22<sup>nd</sup>. The election poll will open on Blackboard March 23<sup>rd</sup>, and new officers will be announced March 27<sup>th</sup>. New officers will hold last spring meeting on April 16<sup>th</sup>.

Relay for Life is coming to the UNF Coxwell Amphitheater on Saturday, April 11<sup>th</sup>. Join the SNDA team by logging on to [relayforlife.org](http://relayforlife.org) selecting the team "UNF SNDA." There is a \$10 registration fee, which will go toward our \$500 fundraising goal. Please contact Devyn Chadwell if you are interested in getting involved with SNDA for this awesome, fun-filled event!







# Hot Topics and *Current Trends:* **Labels, Labels, Labels.**

By Ashley Trey-Roush

Food manufacturer's LOVE labels; in fact, they love labels so much that they are using jargon like "natural", "naturally flavored", and "cage-free" to meet the demanding needs of consumers. Market research indicates that consumers are seeking "natural" products more than ever. Ingredient suppliers and manufacturers are responding by providing ways to 'clean up' their product labels. *But*, is the consumers' definition of 'clean' labels the same as the manufacturers'...?

Let's look at some examples and together we can reach educated conclusions. Under current law, Kikkoman soy sauce can claim that it is "naturally brewed" however, it still contains sodium benzoate ( $\text{NaC}_7\text{H}_5\text{O}_2$ ), which is a synthetic preservative. This preservative is often using in salad dressings, carbonated drinks, jams, fruit juices, condiments, medicines and cosmetics. Pharmaceutically, sodium benzoate is used as a treatment for urea cycle disorders due to its ability to bind to amino acids resulting in a decrease of ammonia levels. Sodium benzoate is also

used in fireworks. The United States FDA has placed sodium benzoate on the GRAS list with no adverse effect in humans at doses of 647-825 mg/kg of body weight per day. There is evidence of a known carcinogen forming called benzene, (anyone who has taken a form of bioorganic chemistry is familiar with this  $\text{C}_6\text{H}_6$  ring) when sodium benzoate, ascorbic acid and potassium benzoate combine. These combinations were found in soft drinks by the FDA and most of the beverages have now been reformulated, however, heat, light and shelf life can increase the rate at which benzene is formed. In 2008, the Coca Cola Company voluntarily removed sodium benzoate from their products. Research published in 2007 by UK's Food Standards Agency (FSA) suggests that certain artificial colors, when paired with sodium benzoate, could be linked to hyperactivity behavior. FSA feels that the artificial colors were more to blame than the sodium benzoate, but the author Dr. Jim Stevenson of Southampton University said, "...many other influences are at work but this is at least one combination a child should avoid."

# Hot Topics and *Current Trends*: Labels, Labels, Labels

The second example is Crystal Light ‘Natural’ Lemonade. These popular liquid and powder drink mixes seem like a healthful choice to add flavor to your water but it contains a host of laboratory-made ingredients, such as BHA. The FDA claims that BHA is safe for human consumption in small amounts. But let’s face it; it’s obvious America has a portion control problem. The majority of Americans don’t do anything in ‘small amounts’. Our general population loves super-size, seconds, buffets, and stores like Costco (because everyone needs a 36 count of Frosted Brown Sugar Cinnamon Pop Tarts). But even the most portion control person should be cautious of additives. BHA is a chemically made preservative used in products containing fats and oils to prevent the product from becoming rancid. Research does suggest that BHA is a potential carcinogen and endocrine disrupter because it mimics the hormonal actions of estrogen. All of our hormones affect one another; if one starts to fall short, the others may soon be off as well. Your sex hormones, your stress hormones and your metabolism hormones are all connected in some shape and form. Unfortunately, the generally population is not educated to know how far nutrition really goes and how it can either alter or benefit our bodies. The World Health Organization (WHO) and the U.S. Environmental Protection Agency (EPA) have labeled BHA as a potential carcinogen, as well as the state of California. The reason why BHA is harmful on the body is its inability to metabolize in the liver. Your liver is your primary detox organ. If the liver cannot metabolize a chemical or nutrient you’ve consumed, then it can store up in the body leading to further degeneration of your healthy cells, which can eventually lead to diet-related disease. Common foods that contain BHA are cereals, breads, crackers, snack foods, gum, make-up, lotions, soap, rubber, and petroleum products.

In the European Union, ‘natural’ is clearly defined in EU regulation related to flavorings. However in the United States, the FDA has no formal defi-

nition. The FDA states that it will not object to using the term ‘natural’ as long as the use of the term is not misleading. Today millennials (those in the age range of 15-35) account for nearly one third of the global population. Research has shown that millennials are less brand loyal than older consumers and they want to know the story behind products and brands and this is highly factual when choosing food products. This is causing the move from ‘clean’ labeling to ‘clear’ labeling to be one of the top nutrition trends for 2015. There are many growing concerns over the lack of a definition for the term ‘natural’, which will prove as an indication to more transparency in labeling.

Consumers are becoming more concerned with additives and weary of the false security manufacturer ‘labeling’ is providing them with. They want a change; and as nutrition educators, registered dietitians, students, and dietetic researchers, we have the power and knowledge to guide the government in providing the public with developing standards, regulations and rules for nutrition labels. Nutrition and dietetic educated individuals have a power that is needed in the food manufacturing business. We need to aid food developers in making products that consumers yearn for. “Education of the public is our greatest tool in helping Americans lead healthier lives....” Academy of Nutrition and Dietetics former President Sylvia Escott-Stump states when asked about the Academy’s influence on the “Front of Package Nutrition Rating Systems and Symbols” report, conducted by the Institute of Medicine. Ms. Escott-Stump is also quoted stating, “...ensuring everyone, no matter their age, education level or background, knows how the system works will be a key step to its acceptance and effectiveness.” We must make sure everyone understands labels. Saying something is ‘natural’ when the product is questionable is an issue that must be addressed. Together nutrition and dietetic personnel and food manufacturer’s can to work together to find a common ground in developing labeling standards that is beneficial to Americans and our health as a nation.



## FDA Approves First Medical Device for Obesity Treatment Targeting Brain-to-Stomach Signaling

**SILVER SPRING, MD:** The United States Food and Drug Administration (FDA) approved “EnteroMedic’s VBLOC® vagal blocking therapy”, delivered via the Maestro® System, which is the first medical device approved for obesity treatment that targets the nerve pathway between the brain and the stomach. The device acts by sending an electrical pulse to block vagal nerve signals involved in controlling feelings of hunger and fullness. The Maestro System is approved for the treatment of adult patients with obesity who have a Body Mass Index (BMI) of at least 35 to 45 kg/m<sup>2</sup> with one or more obesity-related health condition and who have failed to lose weight in a supervised weight management program within the past five years.

“This is a novel device that interrupts signals from the stomach to the brain that are believed to be involved with stomach emptying and feelings of fullness,” said Martin Binks, PhD, FTOS, Secretary/Treasurer of The Obesity Society (TOS) and Associate Professor of Nutritional Sciences at Texas Tech University. “In clinical trials the device resulted in a clinically meaningful weight loss of 8.5% after one year and the FDA determined this was an appropriate risk-benefit profile to approve the device for clinical use.” The FDA has requested the company collect additional safety and efficacy over five years.

For many years, TOS has advocated for enhanced understanding and treatment of obesity as a complex, chronic disease in need of new treatment options. Obesity puts individuals at risk for more than 30 health conditions, including heart disease, type 2 diabetes, high cholesterol, hypertension and numerous cancers, among many others. TOS researchers and clinicians agree: losing weight and maintaining weight loss solely by altering lifestyle changes, while effective for some people, can often be difficult or impossible to accomplish for others. However, clinicians have very few tools for obesity treatment, particularly when compared with treatment options for other chronic diseases.

“We’re encouraged that FDA is willing to continue to consider adding important and innovative new options to the treatment toolbox,” said Dr. Binks. “In addition to the five FDA-approved anti-obesity drugs now available, such novel treatment options can give additional choices to individuals with obesity who has found little success with diet and exercise alone. Medical devices can be part of a comprehensive, individualized obesity treatment plan for some patients.” “For the first time in history, we see a glimpse of the future for obesity treatment – the potential to treat the disease with a full spectrum of tools,” said Dr. Binks.

Retrieved from: The obesity Society: <http://www.obesity.org/news-center/fda-approves-first-medical-device-for-obesity-treatment-targeting-brain-to-stomach-signaling.htm>





The **Harvard Law School Center for Health Law and Policy Innovation (CHLPI)** is seeking summer interns for its 2015 summer clinic semester in its Health Law and Policy Clinic and its Food Law and Policy Clinic.

We are accepting applications on a rolling basis and will review applications starting in January 2015.

For questions about the summer internship program, please contact [chlp@law.harvard.edu](mailto:chlp@law.harvard.edu)

### **PROGRAM INFORMATION:**

The 2015 program will run from Tuesday, May 26th through Friday, July 31st for a minimum of 40 hours per week. We have some flexibility with regard to start and end dates as long as summer interns make at least an eight-week commitment.

This internship program is primarily for law students. However, in previous summers we have taken other graduate and undergraduate students who show a keen interest and relevant experience in the field.

Summer interns are unpaid. They are eligible for all public interest fellowships including law school summer public interest funding programs that may be available through their schools (these vary by school) and EJA. CHLPI program staff will support accepted candidates with whatever paperwork is needed from the sponsoring organization for these applications.

The CHLPI summer internship program takes place in the CHLPI office located in the Jamaica Plain neighborhood of Boston.

### **Information about the Food Law and Policy Clinic:**

The Food Law and Policy Clinic (FLPC) aims to increase access to healthy foods, prevent diet-related diseases such as obesity and type 2 diabetes, and assist small and sustainable farmers and producers in breaking into new commercial food markets.

Summer interns in the Food Law and Policy Clinic (FLPC) have the unique opportunity to engage in action-based learning to gain a deeper understanding of the complex challenges facing our current food system. Interns get hands-on experience conducting legal and policy research for individuals, community groups, and government agencies on a wide range of food law and policy issues, and are challenged to develop creative legal and policy solutions to pressing food issues, applying their knowledge from the law school classroom to real-world situations. Examples of project areas include providing policy guidance and advocacy trainings to state and local food policy councils, assessing how food safety regulations could be amended to increase economic opportunities for small local producers, recommending policies to increase access to healthy food for low-income communities, and identifying and breaking down legal barriers inhibiting small-scale and sustainable food production.

FLPC interns have the opportunity to practice a number of valuable skills, including legal research and writing, drafting legislation and regulations, commenting on agency actions, public speaking and trainings, and community organizing, among others. Interns also have the opportunity to travel to meet with clients; for example, FLPC travels to work in places like Mississippi, Tennessee, Navajo Nation, and La Paz, Bolivia.

### **HOW TO APPLY:**

Applicants interested in either the Health Law or Food Law and Policy Clinic should submit the following materials to [chlp@law.harvard.edu](mailto:chlp@law.harvard.edu). Please indicate in your email to which clinic you are applying. If you are interested in both clinics, please rank them in order of preference.

**Resume, Cover Letter, Writing Sample, and Name of Reference**

# Juniors: *Looking For Experience?*

Here at the Department of Nutrition and Dietetics there are opportunities to get involved!

## Research with DND

We have exciting nutrition research opportunities available this spring semester! Dr. Alireza Jahan-mihan currently has two studies that are being conducted which are clinical and animal centered.

### Clinical Study

The clinical study is examining the intensity of exercise and the effects on appetite and intake regulatory hormones in normal weight versus obese subjects. The Nutrition and Exercise Science department are working together to perform the study. It involves male and female subjects with a BMI within the range of 18.5-25 or over 30. The subjects will come in for a total of four sessions; the first is a screening session, and at the other three sessions they will perform sedentary, moderate or vigorous exercise. After each exercise session, they will consume as much pizza as desired and the amount eaten will be documented. Throughout the study, the subject will be asked a series of Visual Analogue Scale (VAS) questions, test their glucose, and will have a finger pricks so insulin, ghrelin and PYY will be tested.

### How can you assist?

Breakfast preparation: In the morning, the subject will be get a standard breakfast that must be eaten by 9:30am. We need an assistant to help prepare the items and be given the items to the subjects.

Pizza preparation: Prepare the pizza for the subject and record how much he ate.

Lab: We need assistants to assist the subjects with the finger prick, bring the blood to the lab and centrifuge.

### Animal Study

The animal study is a twofold study. In the first experiment, the effect of intact casein and amino acid-based casein as source of protein during pregnancy will be examined. The second portion of the study will be identical to the first experiment with the exception of protein sources (whey vs. soy protein). The study will examine plasma glucose, insulin and intake regulatory hormones (CCK, GLP-1, PYY (peptide YY) and ghrelin. The gene expression of leptin, ghrelin, neuropeptide Y (NPY) and pro-opiomelanocortin (POMC) receptors in hypothalamus and cholecystokinin-1 (CCK-1), glucagon like peptide-1 and 2 (GLP-1 and GLP-2) receptors in gastro-intestinal tract will be measured.

Assistance with daily tasks to maintain a study are needed.

If have questions, please contact Diana Maier at [N00866129@ospreys.unf.edu](mailto:N00866129@ospreys.unf.edu).

## Join NutriNews

Here at NutriNews we have several opportunities for students to join our editorial board. After Spring 2015 all of our board members will graduate but the publication must go on!

If you are interested please e-mail [unfnutrinews@yahoo.com](mailto:unfnutrinews@yahoo.com) and include any experience that you might have with editing a publication and/or writing. If you do not have prior experience just send us a copy of something that you have written.

## Become a NJC Officer

With all Nutrition Journal Club officers graduating in May, new leadership will need to take over! This would be great leadership experience to add to your portfolio for internships, graduate school, and applying for jobs.

If you're interested, email [N00677260@unf.edu](mailto:N00677260@unf.edu).

# Nutrition Comic



## Fajita-Style Quesadillas

8 Servings

Prep Time 15 mins

Cook Time 8 mins

- 1/2 medium sweet pepper, seeded and cut into bite-size strips
- 1/2 medium onion, halved and thinly sliced
- 1 fresh Serrano or jalapeno pepper, halved, seeded, and cut into thin strips (tip – wear rubber gloves to avoid capsaicin residue on hands) \*\* The more seeds you leave, the spicier end flavor\*\*
- 2 tsp. vegetable oil
- 4 large white corn or flour tortillas
- Nonstick cooking spray
- 1/2 cup shredded Monterey Jack cheese
- 2 thin slices tomato, halved crosswise
- 1 Tbs. chopped fresh cilantro
- Light dairy sour cream (optional)
- Lime wedges (optional)

1. Sauté sweet pepper, onion, and Serrano pepper in hot oil over medium-high heat for 3 to 5 minutes or until vegetables are just tender. Remove from heat.
2. Lightly coat a large skillet with cooking spray and heat. Place a tortilla in the skillet and sprinkle cheese on only one side of it, followed by the sauté mixture onion mixture, tomato slices, and 1-tablespoon cilantro.
3. Cook each quesadilla for 4 to 5 minutes per side or until cheese melts and tortillas are lightly browned. Cut each quesadilla into 4 wedges. Serve warm and, if desired, with sour cream, additional cilantro and lime wedges.

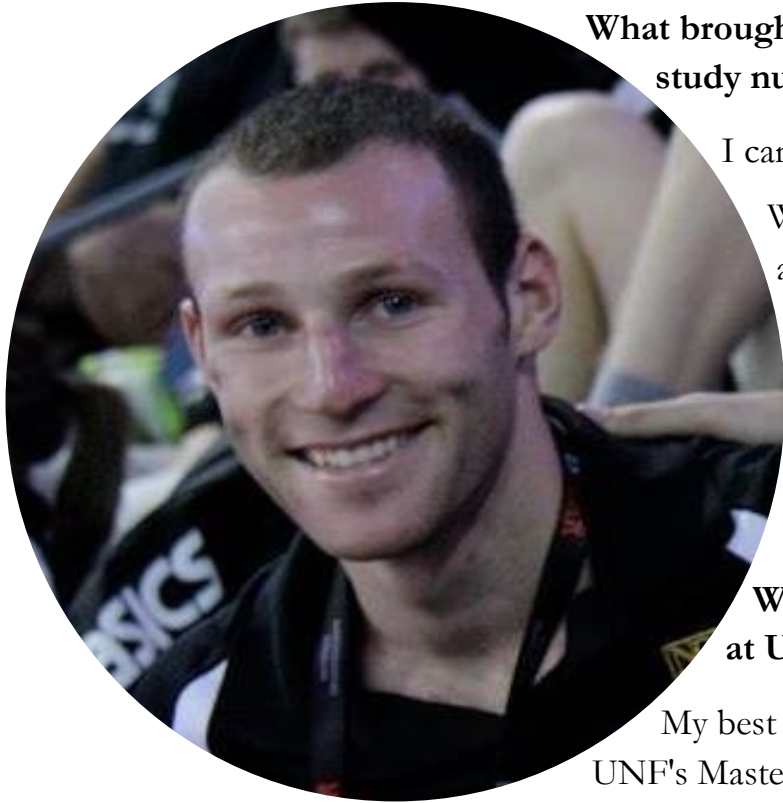
Brooke Zaner



Graduate

# Student Profile

Zachary *Lebovic*



**What brought you to UNF? What made you decide to study nutrition?**

I came to UNF as a freshman.

When I was young I developed a love for science and a strong interest for nutrition. When I came to UNF as a freshman I was really fortunate that UNF has a flagship nutrition program that would allow me the opportunity to learn and study a profession I was passionate for.

**What is your best/worst memory from being at UNF thus far?**

My best memory was last year when I was accepted into UNF's Masters of Science Dietetic Internship program.

**What are you currently involved with at UNF?**

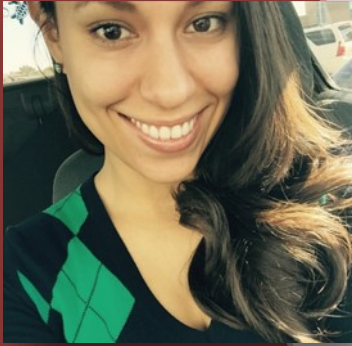
I'm currently a clinical dietetic intern at Flagler hospital St. Augustine. In addition to graduate school I help coordinate UNF's wrestling program as a student administrator and assistant coach . I also am the student coordinator for UNF's One Stop Nutrition Clinic where any student or faculty can receive free nutrition counseling.

**Are you involved in anything else that you enjoy doing?**

For the past five years I have been a high school wrestling official. Wrestling has been a major influence in my life so I enjoy different ways to stay involved with the sport.

# Meet the *Editorial Board*

## Valeria Palamidy



During her time at UNF, Valeria has been employed as a research assistant and is in the process of conducting a student research study with hopes of publication. She has gained clinical experience by being employed as a dietetic technician at Mayo Clinic where she assists patients with therapeutic diets and perform nutritional screening and assessments. She has also gained clinical experience at the VA outpatient clinic, educating veterans about diabetes management and prevention. As a veteran of the United States Marine Corps and aspiring dietitian, she hopes to continue working with veterans and reduce the trend of obesity for a healthier generation.

## Lindsay Pappas



Lindsay Pappas is a post-baccalaureate senior at UNF studying Nutrition and Dietetics. She graduated from the Florida State University in 2012 with a Bachelor's of Science degree in Environmental Studies. If she cannot be found in the Brooks College of Health computer lab, she is most likely shark teeth hunting in Jacksonville Beach. She aspires to be a research dietitian, and her primary area of interest focuses on the impact of nutritional status and dietary factors in cancer.

## Ashley Trey-Roush



Ashley enjoys cooking, baking, gardening, and hanging out with her husband and two year old son, Aaron. She is an active member of her church and leader of a ministry called "Brown Bag". Each Sunday they make and distribute 300-400 sack lunches to families in need in underprivileged neighbors within the community. Being a mom, wife, and full time student leaves her pretty busy most days, however she also enjoys making it to spin and Zumba classes whenever she can. A new hobby that she has embraced (after much hesitation!) is running. She ran her first 5K and placed 3<sup>rd</sup> in her age group last month.

## Dennis Yarizadeh



Dennis is a senior at UNF perusing a degree in Nutrition and Dietetics. Dennis is heavily involved in community nutrition, participating in both the coalition against childhood obesity and a weekly volunteer at WIC as a diabetes educator. Dennis participates in research throughout his department and works as a dietary technician at Consulate Healthcare. When he is not working on building his career in dietetics, he enjoys playing rugby for his university.

For more profiles on members of our editorial board, refer to previous issue.

# Student *Profile*

Marisa *Elliot*

## **What brought you to UNF? What made you decide to study nutrition?**

I chose UNF because of the proximity to the beaches. I grew up in the mountains of NY and the warm weather and the beautiful beaches drew me to Jacksonville and it helped my good friends own and operate Kayak Amelia in the Talbot Islands just North of Jacksonville, so I had a built in Florida family and job. Nutrition was not my first choice in life but my third. I am a post baccalaureate student with a degree in advertising. But after graduating with my first degree in 2009, I joined the United States Peace Corps and was soon traveling to Ecuador where I spent two and a half years teaching life skills and nutrition to women and children of the Northern Andes mountains. After completing my service I knew that the busy world of advertising was not for me and I really wanted to learn more about health and nutrition to be able to go back overseas again someday.

## **What is your best/worst memory from being at UNF thus far?**



My best memory of UNF is meeting my best friends in food lab. We all randomly got thrown together in the lab a year ago but I would not be half as successful in my studies if it wasn't for them. We work together so well and push each other to do better every week. My worst memory of UNF is by far BioOrganic Chemistry. I have never been a huge fan of chemistry to begin with and this class was definitely the most challenging for me. The professor was amazing and made this course somewhat digestible for me but I am not going to lie this class made me question my sanity.

## **Are you involved in anything else that you enjoy doing?**

I have been volunteering at the Mayo Clinic since October of 2013. Together with Sue Walsh, the patient services manager with Sodexo, we work together on all aspects of food management from food quality surveys to administrative work. I have really enjoyed working with Sue and the food service team. I think that I am already a detail oriented person to begin with and I am up for the challenges that comes with working in such a fast paced and patient focused environment. The experiences I have gained working with Sue are invaluable. I am so much more knowledgeable of how major kitchens work and I have also gained the confidence to talk to patients in all different types of disease states. I am also an avid kayaker and stand up paddle boarder with Kayak Amelia. Being out on the water in the Talbot islands is the best way to unwind after a stressful week of homework and exams. Mother Nature is the best medicine.



# Community Nutrition *Focus*

By Jenna Braddock, MSH, RD, CSSD, LDD/N

Many of our undergraduate students crave real life dietetics experience. It makes learning more applicable, fun and concrete. In both their junior and senior years, our students are required to complete community based learning experiences through Community Nutrition and Nutrition Education courses.

This past fall our senior Nutrition Education students completed their volunteering at the Jacksonville Farmers Market. Students worked in teams of 3 to research and develop a booth based on a healthy eating theme. They had to create or find handouts, choose engaging activities, and create visuals to attract people to their booth.

Our students did a phenomenal job coming up with fun themes and activities to enforce the message of healthy eating. Some of the themes chosen were “Fall into Healthy Eating Habits”, “Pumpkin Palooza”, “Ghoulishly Gluten Free”, and “Eat your Multivitamins”.

They were able to apply skills learned in Food Fundamentals by demonstrating food prep and offering food samples, which was always a hit with farmers market patrons.

In the post-evaluations, most students agreed that the Jacksonville’s Farmers Market is a great place to educate people about healthy eating. This was our second year sending students to this location and we look forward to continuing this partnership and making it a richer experience for our students and community members.





## Evelyn Schumacher, R.D. CDE

**By Dennis Yarizadeh**

Evelyn Schumacher is a certified diabetes educator for Roche (makers of Accu-Chek, the first blood glucose monitor), and she loves her job.

Evelyn received her bachelors in 1994, at the age of 40. She attended UNF's didactic program while juggling work, school, and children. She then received her masters from UF in 1996. It was during her internship that she realized she wanted to work with diabetes. In 1999 she achieved the title of certified diabetes educator.

After receiving her Masters Evelyn worked at Shands Jacksonville as a Registered Dietitian for twelve years. At year twelve she decided to take things to the road. Evelyn became the VP of health for Liberator Medical, where she built a recognized diabetes program that allowed Liberator Medical to receive reimbursement for services rendered to individuals with diabetes. After working for Liberator Medical, she decided to work for herself doing insulin pump training for companies such as Animas, Medtronic, OmniPod, and Accu-Check. At the same time she did diabetes education sessions for the Blue Cross Blue Shield (now Florida Blue). After her self-employment era, she worked for Quintile (a company that makes rapid and long acting insulin) providing offices with diabetes education.

# Remembering UNF with Evelyn Schumacher

An interview by Dennis Yarizadeh

## How did UNF change your life?

UNF played a huge role in making me who I am today; they are the foundation of my present life. Discipline was one thing I learned there because I had to be very disciplined - having a family, working, and going to school. It taught me discipline and priority setting, which is really what I still have to do every single day.

## What were the most valuable lessons you learned from UNF's DND program?

I remember having one professor who said "do what you do for the right reasons and the money will follow". What I've learned is if you always maintain your integrity and your reputation it will carry you a long way. Helping people is what we do, and doing it for the right reasons is what helped me get a high income.

## What was your best memory from UNF?

This is where my passion for my career started. The pathways that opened up to me because of UNF is a lasting memory.

## What is one piece of advice that you can give for our current undergrad and graduate students?

Volunteerism. You get a lot of your contacts through volunteering. I volunteered mostly with the American Diabetes Association. I joined AADE - American Association of Diabetes Educators. I also volunteered in community through JADE (Jacksonville Association of Diabetes Educators). My advice? Do health fairs anytime there are health fairs. Meet people and find out what's out there. I knew I didn't want to be a floor dietician, so I perused a career in CDE. Pretty much it's all about meeting people and networking. What ever you can do to volunteer in your area of interest will be helpful.



**Florida Section**  
Institute of Food Technologists



You have not yet registered to attend the Florida Section IFT Suppliers Night Expo. Don't miss out on this great opportunity to interact with customers, suppliers, colleagues and make new industry contacts. This year we have 116 exhibitors and 200+ attendees. Come join us!

## Suppliers Night Expo 2015

Thursday, February 19<sup>th</sup>

Caribe Royal Hotel and Resort in Orlando, FL

Florida Section IFT cordially invites you to attend the 2015 Suppliers Night Expo and Marketplace.

The annual Florida Section IFT Suppliers' Night affords companies serving all segments of the food industry an opportunity to showcase products and exchange information with purchasers in the Florida region. Segments to be represented include: beverages, dairy, seafood, baking, confectionary, fruit & vegetables, meats & poultry, retail foods, food service, processing/laboratory equipment, sanitation, and analytical testing.

For more information and to register online: [www.iftflorida.org/suppliers\\_night\\_2015/](http://www.iftflorida.org/suppliers_night_2015/)



*UNF Nutrition & Dietetics and School of Nursing*  
**Spring 2015 Conference & Recognition**

*Friday, April 10, 2014 | 9:00 AM – 1:00 PM | University Center, Board of Trustees Room 1058*

*Agenda (tentative)*

ITEM	TIME	TITLE	SPEAKER
1	8:30 – 8:50 AM	Registration	
2	8:50 – 9:00 AM	Welcome	Judith Rodriguez
3	9:00 – 10:00 AM	Rule of the Road to Communicating Science and Being a Polished Communicator	Kathleen Zelman <i>Director of Nutrition, WebMD</i>
4	10:00 – 11:00 AM	The Role of the Gut Microflora on Disease Risk	Andrea Arikawa <i>Assistant Professor, UNF</i>
5	11:00 – 12:00 PM	Inspiring A Healthier America	Linda Cornish <i>Executive Director, Seafood Nutrition Partnership</i>
6	12:00 – 1:00 PM	Lunch and Preceptor, Donor, & Friend Recognitions	
7	1:00 – 1:10 PM	Notes of Appreciation and Adjournment	Judith Rodriguez

This program has been approved by the Commission on Dietetic Registration for 3 CPEUs, and by the Nursing.....

Please see Katie LeGros at the registration table after the event for your CPEU form.



**Brooks**  
**College of Health**  
 Department of Nutrition & Dietetics



**Brooks**  
**College of Health**  
 School of Nursing

# USDA Released Revisions to **Child and Adult Care Food Program (CACFP)** open for comments through April 15th

1 On January 9, 2015, the USDA's FNS released a proposed rule to update the CACFP meal patterns. Under the proposed changes, children and adults in day care will receive meals with a greater variety of fruits and vegetables, more whole grains, and less sugar and fat. These proposed changes will help ensure children have access to healthy, balanced meals throughout the day and may serve as a foundation for healthy choices for life. This is the first time the CACFP meal patterns have been significantly revised since the program was created in 1968. FNS is proposing incremental changes that are achievable and do not increase costs for providers.

## **How to Comment**

- 1 FNS is looking for your input on the proposed changes to the meal patterns. The public comment period is open until April 15, 2015. All comments must be in writing. No verbal comments will be recorded. You can submit written comments one of two ways:
- 2 Visit the Federal Register at <http://www.regulations.gov/#!documentDetail;D=FNS-2011-0029-0001>
1. Mail your written comments to Tina Namian, Branch Chief, Food and Nutrition Service, Department of Agriculture, P.O. Box 66874, St. Louis, MO 63166

Comments should be specific, relevant to issues in the proposed rule, and should explain the reason(s) and/or provide supporting information for any change you recommend or proposal(s) you oppose. When possible, please reference the specific section or paragraph of the proposal you are addressing.

All comments received will be carefully considered in finalizing the rule before it is implemented.

Visit <http://www.fns.usda.gov/cacfp/meals-and-snacks> for more information.

# Faculty Spotlight: *Dr. Corinne Labyak*



*Dr. Labyak began teaching as an adjunct professor at UNF in 2009, and has been teaching full time as an Assistant Professor of Nutrition since 2012. Currently she teaches Advanced Nutrition Science I and II in the undergraduate DPD, and next year she will teach Metabolism I and II in the master's program. She is a Jacksonville native and attended Bolles High School. After completing her undergraduate DPD program at Florida State University, she completed the combined Master of Science in Health and Dietetic Internship at UNF. Dr. Labyak later attended University of Florida, where she earned a Ph.D. in Nutritional Sciences in 2012. Dr. Labyak and her husband have three children and their pet golden retriever, Jack. Dr. Labyak was chosen as this month's faculty spotlight because she is a wonderful mentor and resource for our nutrition students. Any time you see Dr. Labyak on campus, she always has a smile to share.*

**By Tammy Baranowski,  
Dietetic Intern**

**TB: What area of nutrition research most interests you?**

**CL:** I'm really interested in visceral obesity and its connection with cardio-metabolic risk factors. I write articles on sagittal abdominal diameter (SAD), an anthropometric measurement of visceral fat, and its associations with cardio-metabolic risk factors in children and adolescents as well as the impact of child and adolescent obesity on public health.

**TB: What projects are you currently working on?**

**CL:** Right now I am involved with multiple research projects. I am a co-investigator collaborating with the University of Florida on a

study examining a dietitian-led behavioral lifestyle intervention on breast cancer survivors. The study compares a group led by RDs tailored specifically to breast cancer survivors compared to a control group in a commercial weight loss program in order to determine outcomes such as weight change post intervention, the impact on inflammatory markers, health-related quality of life, and self-efficacy. Another research project I am working on is in collaboration with three other professors here at UNF: Dr. Sealey-Potts, UNF's Dietetic Internship Director, Dr. Nicholson, an Assistant Professor of Psychology, and Dr. Spaulding, an Assistant Professor in Health Administration. For this research project, we are investigating a nutrition education program in low-



income preschoolers with the Head Start program. We are evaluating the effects of this nutrition education program not only on children's biological parameters but also on teacher and parent communication.

**TB: Who has influenced you the most in your career?**

**CL:** That would have to be Dr. Catherine Christie, Associate Dean of the Brooks College of Health at UNF. I have known Dr. Christie for many years and am truly in awe of her leadership, loyalty, and perseverance. Dr. Christie is well accomplished; having written multiple articles and books, had a successful career as a consulting dietitian, a professor, and an administrator, and has served as a board member for many organizations, including the Academy of Nutrition and Dietetics (AND). She has influenced me to strive to be the best I can be and to work hard.

**TB: What is your advice to students interested in becoming dietetics researchers?**

**CL:** My advice is to volunteer with one of the professors in the department that is working on a research project that is of interest to you. I have had many students volunteer with me for various studies. You can either volunteer or can take a research credit working under a professor for a semester. This not only exposes you to the research process but can help you to develop your passion and interest within the field of nutrition.

**TB: What do you and your family like to do for fun?**

**CL:** We are all really in to cooking. We watch the Food Network and then my kids will have their own version of Cupcake Wars, complete with a judging panel (the neighbors). Of course, every body wins with cupcakes. When we aren't having cupcake wars, my son will often act as the family waiter, describing the menu and taking our orders, and my daughter will act as our chef and prepare our meal. I am really impressed with how well she can cook!

**TB: Okay, you are both a Seminole and a Gator. Who do you side with on game day?**

**CL:** Oh, when it comes to football, I'm a Seminole all the way!

**TB: Do you have any hobbies or play any sports?**

**CL:** I love running when I get the time. I ran the Disney marathon. I used to play soccer and volleyball in high school and have coached my kids' soccer team. I really enjoy playing any sports outside with my kids when we get home from our day.

**TB: Last question, everybody always wants to know what a dietitian eats. What is your favorite food?**

**CL:** I am really in to anything with avocados right now. Whether it's just sliced or as guacamole with some pita chips, I love it! I even brought some for my lunch today.

# Study Abroad

## In Toronto and Niagara Falls, Canada

Spend 18 days in Toronto, Montreal and Niagara Falls, Canada

**Jul 1<sup>st</sup> – Jul 18<sup>th</sup>, 2015**

As one of the most diverse countries in the world, visiting Canada provides an exceptional opportunity to explore various cultures and ethnicities in one place. Moreover, you will become familiar with a government-based health care system in Canada. You will visit departments of nutritional Sciences, hospitals, research centers and government offices to learn about health care system in Canada and also to observe ongoing clinical and animal research in the field of nutrition and dietetics in Canada. It will be also an incredible opportunity to meet some of world famous research leaders in the field of nutrition at University of Toronto and at McGill University. It will help to formulate new ideas for your own research which is in compliance with our goal in the Department of Nutrition and Dietetics to develop research in the field of Nutrition at UNF.

### **The Cost**

The cost of the program is approximately \$3000.00 and it includes: Airfare, lodging, most meals, excursions, and local transportation. It does not include: tuition, or spending money.

**For an application and for further information, contact the course faulty leader:**

Dr. Alireza Jahan-mihan  
E-mail: [alireza.jahan-mihan@unf.edu](mailto:alireza.jahan-mihan@unf.edu)  
Building 39, Room 3057A  
Department of Nutrition & Dietetics

**SAILS Scholarships Available!**



# *With DND*

## **In Umbria and Tuscany, Italy**

Spend 16 days in Umbria and Tuscany, Italy

**June 9th – June 24th, 2015**

This 16 day program is an analysis of how social, psychological, historical and cultural factors impact food, nutrition, and society in Umbria and Tuscany Italy. Students will gain an understanding of the Italian food system and how the Mediterranean diet affects societal health. Emphasis will be given to understanding how food-related social factors impact nutrition and dietetic practice. Class structure will include lectures, discussions and experiential learning excursions in Italy where students will visit the producers of olive oil, wine, fruits and vegetables, bread, sausage, prosciutto, and pecorino cheese. Students will also participate in cooking demonstrations with Italian cooks and learn to prepare dishes from classic Umbrian cuisine, learn about the nutritional benefits of the Mediterranean diet and differences in the food culture which influence health.

### **The Cost**

The cost of the program is approximately \$2500.00 and it includes: lodging, most meals, excursions, language & cooking classes, and local transportation. It does not include: airfare, tuition, 12 lunches in Italy, \$25 for speakers or spending money which is paid by the student prior to or during the trip.

**For an application and for further information, contact the course faculty leader:**

**DR. CATHERINE CHRISTIE**

E-mail: [c.christie@unf.edu](mailto:c.christie@unf.edu)

Tel: 904.620.1202

Building 39, Room 3031

Department of Nutrition & Dietetics

**SAILS Scholarships Available!**





## Face-to-Face *with Dr. Edith Perez*

By Lindsay Pappas

The Face-to-Face Interview Series is an ongoing series of in-depth conversations with prominent members of the Northeast Florida community. The program, developed by the UNF Academic Enrichment Program and the Honors Program, invites all students and faculty members that have a special interest in the specialty of the person being interviewed.

On January 15, 2015, Jacksonville community leader, Laurie DuBow, interviewed Dr. Edith Perez, world recognized Mayo Clinic breast cancer scientist. Before her interview, Dr. Perez graciously met with a group of Honors undergraduate students who are especially interested in becoming researchers for a special luncheon. Among the group were students from the Brooks College of Health School of Nursing and the Department of Nutrition & Dietetics students, including Diana Maier and myself, as well as students from the Department of Biology.

Dr. Edith Perez, who completed high school in 2 years and college in 3 years, travels the globe, interspersing project at her home base, the Mayo Clinic in Jacksonville, with frequent trips to speak and consult. Also a devote runner, Dr. Perez actually co-founded Jacksonville's 26.2 with Donna marathon, with Donna Degan, well-known journalist and three-time breast cancer survivor. The foundation dedicates proceeds from the marathon to support Dr. Perez's Translational Genomics Research Project at the Mayo Clinic.

Despite all of her success, Dr. Perez is one of the most relatable, down to earth individuals that I have had the pleasure of meeting. During the luncheon, the attendees went around the table and introduced oneself to Dr. Perez. Upon mentioning that Diana and I were from the Department of Nutrition and Dietetics, Dr. Perez congratulated us by recognizing the importance of our future careers within the healthcare system. Surprisingly, she even promised to pay us a visit in the animal research lab where

Diana and I assist Dr. Jahan-Mihan with his studies.

Dr. Perez touched on the meaning of success and what it is like being a prominent figure in the Jacksonville community. To her, success means doing what you love while helping as many people as you can in the process. She said former breast cancer survivors and their families often approach her. She gave us the example of a recent grocery-shopping trip during which a former patient approached her saying, "Dr. Perez, Thank you for saving my life." To Dr. Perez, success is defined by moments such as these.

While leaving the luncheon to attend the Face-to-Face Interview, Diana and I looked at each other and said, "Wow, what an amazing woman, I want to be just like her." I can speak for everyone in attendance by saying that Dr. Perez is truly an inspiration for students who are interested in becoming researchers. All scientific accomplishments aside, Dr. Perez's famous smile coupled with her humble, kindhearted demeanor make her one of the most influential leaders within the Jacksonville community.

*Success means  
doing what you  
love while  
helping as  
many people as  
you can in the  
process.*

# SMART Grants



**Any idea for your research?**

***Grants for students who want to do research:***

Student Mentored Academic Research Team (SMART) Grants

SMART Grant Applications are accepted twice a year during the fall and spring terms. *The deadline for fall term is the third Friday in October and the deadline for spring term is the **third Friday in March**. Applications must be received online by 5:00 p.m. on the date they are due.*

[http://www.unf.edu/our/SMART\\_Grants.aspx](http://www.unf.edu/our/SMART_Grants.aspx)

Online forms have changed, so please be certain to utilize the worksheets when preparing your grant application and faculty recommendations.

***Contact Us!***

Alicia Bersey - Editor in Chief

Dr. Alireza Jahan-mihan - Faculty Advisor

UNFNutriNews@yahoo.com



# Get your “Master of Science in Nutrition and Dietetics” at UNF

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<http://onlinedegree.unf.edu/admission-requirements.aspx>

Tel: (855) 478-2013



# Research *Spotlight*: *Dr. Judy Perkin*

By Lindsay Pappas



**What is your area of interest? What are you currently working on?**

I have been interested, for a number of years, in socioeconomic factors that effect nutrition. As a matter of fact, my dissertation looked at the influence of education, income, and other factors on nutrient intake. Currently, I have really expanded that definition of socioeconomic to include cultural factors. Specifically, I do content analysis work. Meaning, I look at content of published materials, including magazines, and how they relate to nutrition. For example, we looked at Good Housekeeping issues to analyze how food advertisement pictures and messages have changed over the years. I have also examined food and nutrition content in literature in terms of how it's portrayed, what it says about society, and what it says about nutrition.

Last year, a graduate student and I presented a paper at a conference sponsored by The University of Texas at San Antonio that analyzed food in a number of novels that dealt with farming (1). Recently, Dr. Sealey-Potts, my former graduate student of mine, and I published a paper on

the variety of variety of dietary plates, who they're aimed at, and how they can influence nutrition education (2).

**What influences have you been exposed to? Who has influenced you the most?**

I would say I have had three important influences. One was my anthropology professor who convinced me to get my master's in nutrition because my undergraduate degree was in anthropology. Then, another major influence was the woman who headed my nutrition fellowship at Parkland Hospital, in Dallas, Texas. She was a former president of the American Dietetic Association and a huge influence on me because I worked mainly within the clinical research center under her supervision. A third influence was a professor and physician at The School of Public Health. He encouraged me to earn my doctorate to pursue my interest in nutrition and public health research.

**What do you think are your most significant research accomplishments?**

A former nursing graduate student and I examined intestinal parasite prevalence in an area of Nassau County (3). My student noticed that people kept returning to the clinic with the same issues. She came to me and said, “Something’s going on, and we need to document this.” The reason I say that this is my most significant accomplishment is because the results of the study actually prompted policy makers to re-do the entire water system in that area of Nassau County. The study documented that there was a significant problem, and in turn, it really made a difference in the lives of that community.

**Tell us how your research has influenced your teaching. In what ways have you been able to bring the insights of your research to your courses at the undergraduate level?**

For Food, Health and Society, an undergraduate course I designed, I bring in the research that I’ve done in addition to the most current research out there. For example, for the food and advertisement unit, I will bring in my Good Housekeeping research to share with my students. Additionally, I teach a research course at the graduate level in which I expose people to food studies research in which content analysis is a sub-set.

**Many undergraduates at UNF are interested in becoming researchers in the field of nutrition and dietetics. What is your advice to them?**

First, I think it’s fantastic that we have an undergraduate research course now [Nutrition Research and Ethics]; it’s a wonderful addition to our curriculum. I would advise students to volunteer with their professors, find a mentor, and then consider pursuing a master’s degree and completing a thesis. Another idea is to look into working in a clinical research center with a dietary component. For example, the General Clinical Research Center at UF Shands has a metabolic kitchen in which researchers control the nutritional intake of subjects engaged in a multitude of research projects.

**What is the future of nutrition research within the DND at UNF, and how does it impact the community?**

I think that we have quite a bit of research going on now, especially with our new faculty, which will impact the community in terms of clinical nutrition and community nutrition. I think our research activity within the department just keeps increasing over the years. We also have more student involvement in research, which I think is really neat. I see that increasing as well. If we get the doctoral program, that will definitely increase the research potential within the department.

**Publications:**

1. Content Analysis Presentation- Perkin, JE, Hochwald, R. (2014) Farming and Foods: Views from the Novels of Logsdon and Kimball. 8<sup>th</sup> Annual Conference on Food Representation in Literature, Film, and the Arts, San Antonio, Texas
2. New Article- Perkin JE, Sealey-Potts C, Hochwald R. Plates and dietary advice: a current trend in nutrition education messaging for the public. *Fla Public Health Rev.* 2014; 11: 36-51.
3. Significant to Community Research- Adams R, Perkin J. Prevalence of: intestinal parasites in children living in an unincorporated area in northern rural Florida. *J Sch Health.* 1985; 55:76-78.



# RD's in *Action*: **Jodi Brindisi**



*Jodi Brindisi, RDN is the Lead Dietitian for all of Baptist Medical Center, but clinically works in pediatrics at the Baptist-owned children's hospital, Wolfson Children's Hospital, which is North Florida's only children's hospital. Wolfson has been nationally recognized for excellence based on their superior scores in areas such as commitment to best practices, surgical survival rates, patient and family services, and more. She has been published in the Florida Times Union and has appeared on several television spotlights, including Medical Mondays. Ms. Brindisi has been a dietitian for over thirteen years and has been a preceptor to dietetic interns throughout her career. Her willingness to take interns from UNF's combined program and others provides invaluable pediatric dietetics experience that is hard to come by for aspiring dietitians. Kudos to Ms. Brindisi for all that she brings to the dietetics profession and for being our February RD Spotlight!*

**By Tammy Baranowski, Dietetic Intern**

**TB: Tell me about your journey to becoming a dietitian.**

**JB:** I'm originally from Philadelphia. My mother and my brother are both health-care providers. I've always enjoyed math, science, health, and wellness, so it seemed natural for me to go into the health field as well. My undergraduate degree is from University of Delaware and I completed my internship at Massachusetts General Hospital in Boston. I first started working clinically in Philadelphia, and my very first job as a dietitian was in pediatrics, so I consider myself very lucky. When I came to Florida, I got the job at Wolfson, and have been there over eight years now.

**TB: It takes a special person to work with sick children. Tell me what it is like.**

**JB:** Rewarding, yet difficult. Probably for the first year, I came home crying weekly. We see the sickest of the sick. It's very emotional. Any entry level employee starting out in pediatrics goes through it and has to learn to have healthy boundaries between themselves and the patients. Yet, you still want to retain your empathy without becoming cold to it all. It's a fine balance that comes with time.

**TB: Do you have any recommendations for interns who are interested in pediatrics?**

**JB:** I definitely recommend that new dietitians get a solid clinical base with adults before specializing in pediatrics. It really helps to be super comfortable with basic clinical dietetics in this job. It is also helpful to have some pediatric experience outside the clinical setting, like at WIC for example. I spent some time with WIC and it was great experience.

**TB: What brought you to Florida?**

**JB:** I wanted a lifestyle change and to get away from the north for a while. I planned to only be here a year, but here I am over eight years later. I really love to be outdoors, whether it is at the beach, on the trails, even the mountains. Florida is great for an active lifestyle.

**TB: How do you feel about the progress that has been made in the field of dietetics as a medical profession?**

**JB:** I think we are gaining respect as part of the interdisciplinary team. I really love that I have wonderful relationships with the physicians I work with. Also, as a career in general, the opportunities for dietitian are increasing more and more, it's just that we have to go out and find them.

**TB: What do you like about being a preceptor?**

**JB:** I love all the enthusiasm and passion the interns bring in. It keeps me on my toes about how the dietetics world is changing and grow-

ing. I try to create a relaxed atmosphere so they can learn as much as possible in the short time that I have with them.

**TB: What attributes do you look for in a dietetic intern?**

**JB:** Integrity. And a willingness to learn. It's okay if you don't like clinical dietetics, but come with an open mind and be ready to learn.

**TB: What do you like to do outside of work for fun?**

**JB:** I'm a fitness instructor, a personal trainer, and I'm also a volunteer coach for Girls on the Run. I am also currently training to do a full Ironman Triathlon. I'm doing the Donna marathon in a couple weeks. Training, once in full swing can be anywhere from two to eight hours a day.

**TB:** *(Note: For those of you who don't know, a full Ironman is a 2.4 mile swim, a 112 mile bike ride, and a 26.2 mile marathon run, raced in that order and without a break. Go, Jodi!)*

**TB: Do you consider yourself a “foodie”, as most dietitians do?**

**JB:** You know, not really. Sad to say I won't brag about my culinary skills, but I do enjoy good food! I also eat chocolate every day.

**TB: If you could get paid to do anything, what would it be?**

**JB:** Besides loving the health and wellness arena, I am an avid football fan and my dream job would be to be the dietitian for the Philadelphia Eagles.



## Mission

To develop and extend knowledge of nutrition of all species through fundamental, multidisciplinary, and clinical research; facilitate contact among nutrition, medicine and related fields of interest; support the dissemination and application of nutrition science to improve public health and clinical practice worldwide; promote graduate education and training of physicians in nutrition; provide reliable nutrition information to those who need it, and advocate for nutrition research and its application to development and implementation of policies and practice related to nutrition.

## History

In 2005, the American Society for Nutritional Sciences (formerly the American Institute for Nutrition, established in 1928); the American Society for Clinical Nutrition (est. 1961); and the Society for International Nutrition (est. 1996) merged to form ASN.



## Archives

The Society Archives are housed at the Annette and Irwin Eskind Biomedical Library (EBL) at Vanderbilt University Medical Center in Nashville, Tennessee. The Archives were deposited at EBL in 1980 through the efforts of William J. Darby, MD, PhD, American Institute of Nutrition President (1958-1959) and AIN Fellow (1984). E. Neige Todhunter, PhD (AIN Fellow, 1983) and Patricia B. Swan, PhD (ASNS Fellow, 2003) also served the ASN Archives as honorary curators, archivists and research collaborators. The founding days of the Society are archived at EBL via many early records, photographs and memorabilia.



## ANS Timeline

- **2011:** Advances and Controversies in Clinical Nutrition Conference launched.
- **2010:** Advances in *Nutrition* established.
- **2006:** ASNS, ASCN, and SINR merged; ASN founded.
- **1990:** Society for International Nutrition Research founded.
- **1960:** American Society for Clinical Nutrition founded.
- **1952:** *The American Journal of Clinical Nutrition* established.
- **1940:** AIN joined the Federation of Societies for Experimental Biology.
- **1934:** First AIN Annual Meeting.
- **1928:** *The Journal of Nutrition* established.
- **1928:** American Institute of Nutrition (later the American Society of Nutrition Scientists) founded.

## ASN Journals At the Forefront of Nutrition Research

ASN publishes three journals as The Nutrition Science Collection: Advances in Nutrition (AN), The American Journal of Clinical Nutrition (AJCN), and the Journal of Nutrition (JN).

Publishing timely and important findings in basic, clinical, and emerging nutrition science research, the society journals are the premier journals in the field of nutrition. In addition to research reports, journals enhance content by providing commentaries and critical reviews written by leaders in the scientific community and special supplement issues on topics in nutrition.

The American Journal of Clinical Nutrition is the highest ranked peer-reviewed article in nutrition and dietetics. In publication since 1952, AJCN publishes the latest findings in basic and clinical studies relevant to human nutrition. AJCN was selected by the Special Libraries Association as one of the top 100 most influential journals in Biology and Medicine over the last 100 years. AJCN is an important resource for researchers and practitioners in the field of nutrition.

The Journal of Nutrition, published since 1928, was the first journal dedicated to publishing original, peer-reviewed research in all areas of nutrition. JN provides the latest research on a broad spectrum of topics of vital interest to researchers, students, policymakers and all individuals with interests in nutrition.

Advances in Nutrition, in publication since 2010, publishes review articles that highlight the significance of recent research in nutrition and illustrates the central role of nutrition in the promotion of health and prevention of disease. In 2013, Advances was named a finalist for best new journal by ALPSP.

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- Dietary Fiber, Gut Microbiota and Kidney Function
- Research Reporting in the 21st Century: How it is Different and Why You Should Care
- Low-Calorie Sweeteners and Health: What Does the Science Tell Us?
- Gut Microbes and the Brain: What Is the Effect on Human Behavior?
- Improving Cardio-Skeletal Health by Exploring the Heart – Bone Connection
- Resistant Starch, Microbiota and Gut Health